



news and information
for employees of the
city of Saint Paul

December 13, 2002

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City Update

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City Update

www.ci.stpaul.mn.us/cityupdate

Capital Holiday event is this year's big Downtown New Year's celebration

When the temperatures drop,
things get hot in Saint Paul!

Capital Holiday makes the most
festive time of year even more
exciting by offering a weekend full of
fun, safe, family-friendly activities



www.capitalholiday.org

right before New Year's Eve. Kids will
love the games, magic songs and
karaoke. Adults won't want to miss
the comedy sketches, Cabaret
Theater, swing and ballroom dancers,
and music ranging from bluegrass to
rockabilly and Latin sounds to
seasoned soul.

Families will enjoy fireworks,
ethnic music and dance, and

children's performances. Best of all,
everything happens in and around
RiverCentre. Capital Holiday is the
largest celebration of its kind in the
Midwest!

DATE: Saturday, December 28th

TIMES: 2:00 pm, events start

10:00 pm, Red Baron Fireworks
Extravaganza over the Mississippi

WHERE: RiverCentre and Science
Museum of Minnesota.

DRESS: Casual and comfortable!
Coat check is available.

TIPS FOR EASY PARKING: See
www.rivercentre.org/parksmart.html

GETTING IN THE DOOR:

Festival buttons are \$8 in advance or
\$10 at the door. Children 5 and under
are free. Purchase buttons in advance
at all metro area Bremer Bank
locations, Edina Realty locations or
e-mail eventbutton@aol.com.

CONTACT: For additional ques-
tions and additional information,
please contact the Capital Holiday
Hotline at 651-291-5608.

Artists performing
for the Capital Holiday
event include

Stepping Stone Theater

Soul Island

Dakota Foundation Jazz

Chang Mi Dance

Starlight Express

Becky Schlegel

Ballet Minnesota

Paul Metsa

Buffalo Gals

Soulvation

Circus Juventas

Young Poets Slam

Dave Ray and John Beach

Jack Knife & The Sharps

Mideastern Dance Ensemble

Mick Sterling

Talking Out Loud

Willie Murphy

Mooncoin Dancers

Taiko Drummers— Theater Mu

Sabor Tropical

Connie Evingson

Barra - Irish Band

Minnesota Ballroom Dance

Scoil na d'Tri

Debbie Duncan

Jazztranauts

Soul Tight Committee

Flannagan's Wake

Kid-friendly events
throughout the day include
Kids Kreative Corner, Disney
Live, Roving Artists, Big Fun
Magic Show, Kids Karaoke, Kids
games and activities

www.ci.stpaul.mn.us

Places to go. Things to do.

ilovesaintpaul.com

Recognizing Seasonal Affective Disorder (SAD)

The lack of sunlight during winter months can cause a condition called seasonal affective disorder (SAD). Women suffer from SAD four times more than men. Key symptoms of SAD are an increased need for sleep; daytime fatigue and food cravings, especially carbohydrates; melancholy moods; and a seasonal rhythm of depression.

SAD typically starts in late fall or winter and disappears in the spring when there are more hours of daylight. SAD can manifest itself in varying degrees, ranging from the mild to the extreme.

You can do a number of things to help with seasonal affective disorder. For some people, going outside when the sun shines, or visiting a greenhouse or conservatory where there are bright grow lights and green plants, is enough to help with depressive feelings. For others, therapy may be necessary. During light therapy, patients sit in front of a bright, fluorescent light that is 20 times stronger than normal, and often improve by the end of the first week of daily treatments.

For more information about SAD, talk to your personal physician or call the HealthPartners Partners for Better Health Phone Line at 952-883-7800. HealthPartners EAR (1-800-659-7594) can also provide confidential counseling and telephone advice about SAD and other types of depression.

City Hall blood drive is Tuesday December 17th

Thank you to those of you who have made an appointment to donate blood at our next City/County Blood Drive. At this point we have about half of our appointments filled to meet our goal of donating 120 units.

If you can donate blood on Tuesday, December 17th, between 8:30 a.m. and 2:15 p.m. in Rooms 40-42 City Hall, please reply to this e-mail or call Linda Crosby at 266-6530 for an appointment.

Remember... YOU can help save lives through a successful blood drive.

Thank you!

A great gift for Downtown workers

If you work Downtown, or are giving a Holiday gift to someone who shops or works Downtown, consider giving them a parking card. They make great stocking stuffers.

The cards work like a charm in Saint Paul parking meters, even on the few non-downtown streets that have meters.

Just stick the card, arrow-end first, into a parking meter. It first shows your the dollar amount remaining on your card, and then it adds 25-cent, 12-minute intervals to the time remaining on the meter.



Different meters have different time limits, and they're clearly posted on the front of the meter.

Cards can be purchased in Room 170 City Hall, the Citizen Service Office. Cards can be 'refilled' there, too. It's all done on a convenient blue machine with simple directions. (There's always someone handy if you need assistance.)

The machine uses five-, ten-, and twenty-dollar bills, both old and new. It uses no other bill, and won't take coins. The cards can be filled in amounts up to \$100.

Give someone you care about the gift of convenience..

City job openings as of December 13th, 2002

Application deadline	Job title	Bi-weekly or hourly salary rate	Exam date
Open 12/13/02	Civil Engineer III Commander (prom)	\$1,971.86 bi-weekly \$2,277.85 bi-weekly	See Job Ann 12/18/02
Open	ECC _Telecommunicator	\$1,417.26 bi-weekly	See Job Ann
Open	Life Guard	\$8.20 per hr	See Job Ann
01/03/03	Parks & Recreation Assistant (seasonal/temp)	\$5.50 per hr	See Job Ann
12/27/02	Ski Instructor I (seasonal/temp)	\$7.50 per hr	See Job Ann
Open	Senior Pool Attendant	\$9.79 per hr	See Job Ann
Open	Swimming Pool Supervisor	\$11.37 per hr	See Job Ann
Open	Water Safety Instructor	\$8.72 per hr	See Job Ann

Note: Call or visit the Office of Human Resources to receive the official job announcement for these positions. Location: 400 City Hall Annex. Phone: 651-266-6500 or visit the web site: www.ci.stpaul.mn.us/jobopenings. For jobs announced after December 5th, please call our 24-hour job line, 651-266-6502.